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Certification/Licensure

PhD - Licensed Psychologist (OR #3529; CA #PSY28001)
 DBT-LBC Certified Clinician (#1840)

Education

PhD in Child Clinical Psychology, University of Washington, Seattle, WA 2012-2014
Dissertation: "Relations among parental psychopathology, emotion socialization and child emotion regulation and adjustment in high-risk families"
M.S. in Clinical Psychology, University of Washington, Seattle, WA 2008-2011
B.A. with Honors in Psychology, Bucknell University, Lewisburg, PA 2002-2006

Professional Affiliation

DBT Bulletin Contributing Editor 2019 - Present
Association for Behavioral and Cognitive Therapies 2017-Present
Society for Adolescent Health and Medicine 2015-2016
Society for Research in Adolescents 2011- 2013

Professional Experience

Acting Director of Training and Quality Assurance, Clinical Psychologist, Portland Dialectical Behavior Therapy Institute, Portland OR 2023-Present

Associate Clinical Professor & Attending Psychologist, University of California, San Francisco, San Francisco, CA 2016-2022

Associate Director of Training, Child and Adolescent Psychiatry Fellowship, University of California, San Francisco, San Francisco, CA 2020-2022

Assistant Clinical Professor, University of California, Berkeley, Berkeley, CA 2018-present

Senior Fellow Trainee, Leadership in Adolescent Education and Health (LEAH) Program, University of Washington, Seattle, WA 2014-2015

Psychology Intern, APA-Approved Internship University of Washington School of Medicine/ Seattle Children's Hospital, Seattle, WA 2004-2005



Clinical Supervisor for Psychology Interns/Graduate Students, Postdoctoral Fellows, Psychiatry Residents and Fellows, University of Washington, University of California, San Francisco, & University of California, Berkeley

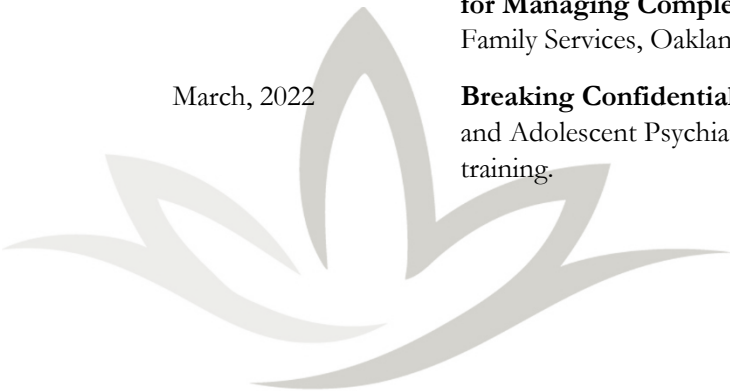
2012-2022

Intake Coordinator, Psychological Services and Training Clinic, University of Washington Department of Psychology, Seattle, WA

2012-2013

Teaching Experience

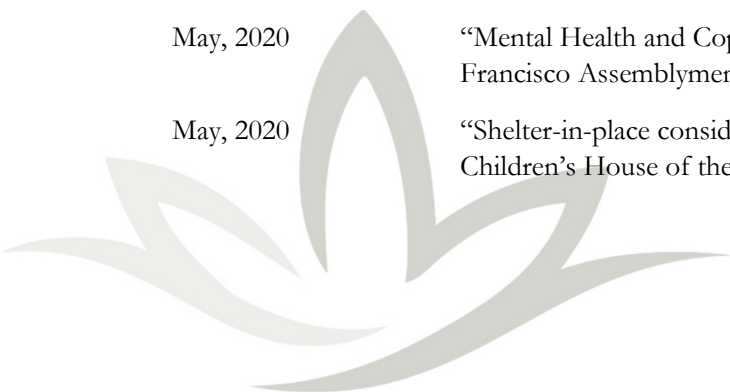
- March, 2023 **Breaking Confidentiality Following Suicide Risk Assessment with System Involved Youth: Minimizing Invalidation while Maximizing Safety**, 2 hour CE training, Fred Finch Youth and Family Services. Virtual Training
- February, 2023 **The What and How of Suicide Risk Prevention and Assessment Across the Lifespan for System Involved Youth**, 6 hour CE training, Fred Finch Youth and Family Services. Virtual Training.
- December, 2022 **Introducing the Benefits of Dialectical Behavioral Therapy Interpersonal Effectiveness Skills for System Involved Youth**, 4 hour CE training, Fred Finch Youth and Family Services. Virtual Training
- December, 2022 **Safety Planning for High-Risk System Involved Youth: Getting Creative in Limiting Access to Preferred Means**, 3 hour CE training, Fred Finch Youth and Family Services. Virtual Training.
- December, 2022 **Recognizing and Addressing Judgmentalness with System Involved youth and/or Those That Support Them**, 2 hour CE training, Fred Finch Youth and Family Services. Virtual training
- April, 2022 **School-based CBT with Children and Teens**, 8 hour CE training, San Mateo Foster City County School District, Redwood City, CA. Virtual training.
- July, 2021 **Navigating Professionalism in a Modern World**, 2 hour training. University of San Francisco Child and Adolescent Psychiatry Fellowship Advanced Leadership Seminar, San Francisco, CA. Virtual training.
- July 2021 **Addressing judgmentalness: What to do when our clients and colleagues bring out the worst in us**, 2 hour training. University of San Francisco Child and Adolescent Psychiatry Fellowship Advanced Leadership Seminar, San Francisco, CA. Virtual training.
- June, 2021 **Using Dialectical Behavior Therapy in Context**, 8 hour training, Fred Finch Youth and Family Services. Virtual training.
- April, 2021 **An Introduction to Dialectical Behavior Therapy: Principles and Strategies for Managing Complex Cases**, 12 hour CE training, Fred Finch Youth and Family Services, Oakland, CA. Virtual training.
- March, 2022 **Breaking Confidentiality Following Risk Assessments**, 1 hour training, Child and Adolescent Psychiatry Fellows Field Seminar. San Francisco, CA. Virtual training.



- June, 2020 **DBT Skills for Coping with Uncertainty**, 4 hour CE training, Fred Finch Youth and Family Services, Oakland, CA. Virtual training.
- June, 2020 **Dialectical Behavior Therapy for Adolescents: Principles and Strategies for Managing Complex Cases**, 12 hour CE training, Community Hospital of Monterey Peninsula, Monterey, CA. Virtual training
- January, 2020 **The What and How of Suicide Risk Assessment and Prevention**, 6 hour CE training, University of California, San Francisco, Department of Psychiatry.
- January, 2020 **Working in context: Applying DBT principles and practices in real-world settings**, 5 hour CE training, San Mateo Foster City County School District, Redwood City, CA.
- May, 2019 **Preventing Burnout in Child Psychiatry Providers: Introduction and Demonstration of the Ekstasis Peer Consultation Model**. 1 hour Grand Rounds, University of California, San Francisco, Department of Psychiatry
- 2018 – 2022 **Coordinator and Instructor, Developmental Psychopathology and Psychotherapeutics Didactics Series**, various topics including introductions to evidence based practice, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, assessment and treatment of NSSI/SI, depression, anxiety and PTSD in children/adolescents. University of California, San Francisco Child and Adolescent Psychiatry Fellowship Didactics. San Francisco, CA.
- September 2016,
January & March 2017 **Introduction to and Application of DBT for At-Risk Adolescents**. 16 hour CE training Seneca Institute for Advanced Practice, San Francisco Bay Area, CA
- October, 2016 &
March, 2017 **An Introduction to DBT**, 16 hour CE training, Contra Costa County Health Services, Child and Adolescent Behavioral Health.
- June, 2016 **DBT Case Conceptualization**, 2 hour training, PGY3 Lecture Series, University of California San Francisco, CA
- April, 2014 & 2015 **Introduction to Functional Analytic Psychotherapy (FAP)**, 3 hour training, R4 Advanced CBT Series, Department of Psychiatry and Behavioral Sciences, University of Washington School of Medicine, Seattle, WA.
- March & May, 2015 **Issues in Working with Complex Youth**, 4 hour training, Child And Youth Advocacy Clinic (CAYAC), University of Washington School of Law, Seattle, WA.

Invited Lectures, Presentations and Colloquia

- June, 2020 “Shelter-in-place considerations for parents of preschoolers”. Las Mañanitas Preschool, San Francisco, CA: 1 hour
- May, 2020 “Mental Health and Coping during the Pandemic”. Virtual Townhall with San Francisco Assemblymember Phil Ting: 1 hour
- May, 2020 “Shelter-in-place considerations for parents of preschoolers”. Montessori Children’s House of the West Coast, San Francisco, CA: 2 hours



- January, 2020 “Finding Your Values”. Year On Gap Year Program, San Francisco, CA: 2 hours
- May, 2017 “DBT-A: What, Who and How” Family Mosaic Project, San Francisco Bay Area, CA: 1.5 hours
- November, 2015 “Children are from Venus, Parents are from Mars: Effective Communication in Real Life”. Adolescent Wellness Intensive Program, Seattle Children’s Hospital, Seattle, WA: 2 hour lecture
- April, 2015 “Mental Health in Adolescents: A Global Perspective”. Global WACH Graduate Certificate Program, University of Washington Department of Global Health, Seattle, WA: 1.5 hour lecture
- October, 2014 “The ‘Invincibles’: Teens, Risk Taking, and the Role of Health Professionals”. Northwest Center for Public Health Practice, Maternal and Child Public Health Webinar Series, University of Washington, Seattle, WA: 1 hour webinar

Recent Professional and DBT Specific Training

- July, 2022 **DBT-PE with Adolescents: Special Considerations**
Lorie Ritschel, PhD (1.5 hours)
- June, 2022 **Understanding and Treating Moral Injury**
Melanie Harned, PhD (1.5 hours)
- April, 2022 **Tea House: Striving Together to be Antiracist**
Yalda Shahram, MD (6.5 hours)
- June, 2021 **DBT Supervision and Consultation**
Alan Fruzzetti, PhD & Aditi Vijay, PhD (7.5 hours)
- May, 2019 **Diversity, Equity and Inclusion Champion Training** (6 hours)
Starr Knight, MD
- January, 2018 **Trauma Focused Cognitive Behavioral Therapy**
Anthony Mannarino, PhD (16 hours)
- April, 2017 **Intensive Training in the Dialectical Behavior Therapy Prolonged Exposure Protocol for PTSD**
Melanie Harned, PhD and Elizabeth Dexter-Mazza, PsyD (32 hours)
- March, 2016 **DBT Advanced Intensive**
Kelly Koerner, PhD and Charlie Swenson, MD, Pasadena, CA (40 hours)
- January, 2012 **DBT Foundational**
Charlie Swenson, MD and Shireen Rizvi, PhD, Northampton, MA (40 hours)
- 2011 – 2013 **Behavioral Research and Therapy Clinics (BRTC)**
Received comprehensive DBT training through participation in a multi-year practicum lead by Marsha Linehan, PhD. Took all graduate level coursework as required by the practicum, attended consultation team, observed Dr. Linehan



conducting adherent DBT weekly, provided individual therapy and co-lead DBT skills with adult clients, and provided 24-hour phone coaching.

Publications

Peer Reviewed Manuscripts:

Darrow, S.D., **Maliken, A.C.**, Piatigorsky, A., Stuart, B.K., Todd, N., Yaeger, A.M., & Shaller, E.A. (2022). Effectiveness of the family-based model of dialectical behavior therapy for both suicidal adolescents and young adults in an academic medical center. *Journal of Clinical Psychology*. <https://doi.org/10.1002/jclp.23317>

Zalewski, M., **Maliken, A.C.**, Lengua, L.J., Martin, C.G., Roos, L.E., & Everett, Y. (2021). Integrating Dialectical Behavior Therapy with child and parent training interventions: A narrative and theoretical review. *Clinical Psychology: Science and Practice*. doi: 10.1111/cpsp.12363

Katz, L.F., Gurtovenko, K., **Maliken, A.C.**, Stettler, N., Kawamura, J., & Fladeboe, K. (2020). An emotion coaching parenting intervention for families exposed to intimate partner violence. *Developmental Psychology*, 56(3):638-651. doi: 10.1037/dev0000800

Nelson, K. M., Yang, J.P., **Maliken, A.C.**, Tsai, M, & Kohlenberg, R.J. (2014). Introduction to using structured evocative activities in Functional Analytic Psychotherapy. *Cognitive & Behavioral Practice*, 51(3), 364-371. Doi: 10.1037/a0036506

Maliken, A.C., & Katz, L.F. (2013) Exploring the impact of parental psychopathology and emotion regulation on evidence-based parenting interventions: A transdiagnostic approach to improving treatment effectiveness. *Clinical Child and Family Psychology Review*, 16(2), 173-186. DOI: 10.1007/s10567-013-0132-4

Maliken, A.C., & Katz, L.F. (2013). Fathers' emotion awareness and children's empathy and externalizing behaviors: The role of intimate partner violence. *The Journal of Intimate Partner Violence*, 28(4), 718-734. Doi: 10.1177/0886260512455866. PMID - 22929349

Katz, L.F., **Maliken, A.C.**, & Stettler, N.M. (2012). Parent meta-emotion philosophy: A review of research and theoretical framework. *Child Development Perspectives*, 6(4), 417-422. DOI: 10.1111/j.1750-8606.2012.00244.x

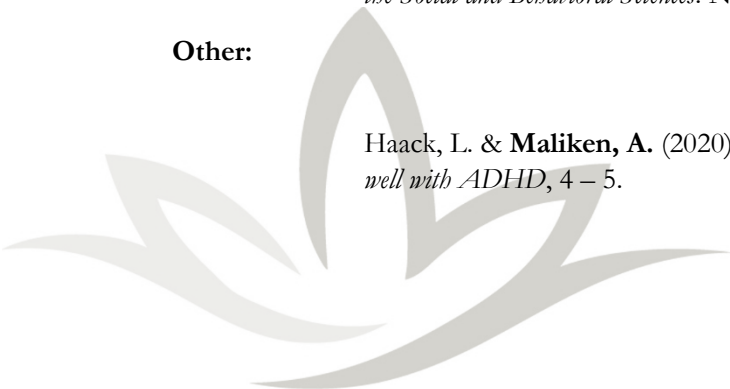
Evans, D.W., & **Maliken, A.** (2011). Cortical activity and children's rituals, habits and other repetitive behavior: A visual P300 study. *Behavioural Brain Research*, 224, 174-179. doi:10.1016/j.bbr.2011.05.025. PMID – 21658417

Books:

Ha, R.L., Ha, J.C., & **Maliken, A.C.** (2010). *A study guide to accompany: Integrative Statistics for the Social and Behavioral Sciences*. New York, NY: Sage Publishers.

Other:

Haack, L. & **Maliken, A.** (2020). Risky behaviors associated with ADHD. *Attention: Living well with ADHD*, 4 – 5.



Gonzales, L., **Maliken, A.**, Piatigorsky, A., Shaller, E., Stuart, B., Todd, N., & Darrow, S. (2018). DBT for youth: Who drops out of family-based programs? *DBT Bulletin*, 1(1), 9-11.

Presentations

Maliken, A.C., Darrow, S., Fordwood, S., Jou, J., Todd, N., & Shaller, E. (2022). How phone coaching in DBT-A will change (not ruin) your life. *Workshop at International Society for the Improvement and Teaching of Dialectical Behavior Therapy, New York, NY, November.*

Yaeger, A.M., **Maliken, A.C.**, Gorraiz, M., Shaller, E., & Vijay, A. (2022). How can I possibly validate everyone: A live, annotated demonstration of family therapy in DBT-A. *Mini workshop at The Association for Cognitive and Behavioral Annual Convention. New York, NY, November.*

Maliken, A.C., Gorraiz, M., Yaeger, A., & Shaller, E. (2021). Movement, speed and flow: A live, annotated demonstration of dialectical and stylistic strategies in adolescent DBT. *Mini workshop at The Association for Cognitive and Behavioral Therapy Annual Convention. Virtual Conference, November.*

Haack, L.M., Libby, A., **Maliken, A.C.**, Moreno, G., Todd, N., & Prasad, S. (2021). Preventing provider burnout to enhance outcomes for high-risk adolescent patients: Introduction and demonstration of the Ekstasis Peer Consultation model. *Workshop for the Society for Adolescent Health and Medicine Annual Meeting, Virtual Conference, February.*

Haack, L., Libby, A., **Maliken, A.**, Moreno, G., Todd, N., & Parsons, A. (2020). Preventing provider burnout via the Ekstasis Peer Consultation model. *University of California San Francisco Education Showcase, Conference canceled.*

Darrow, S.M., **Maliken, A.C.**, Haack, L.M., Buckelew, S.M., & Koren, M.K. (2020). Risky Business: Effectively assessing adolescent mental health risk related behaviors. *Workshop for the Society for Adolescent Health and Medicine Annual Meeting, San Diego, CA, March (Conference canceled)*

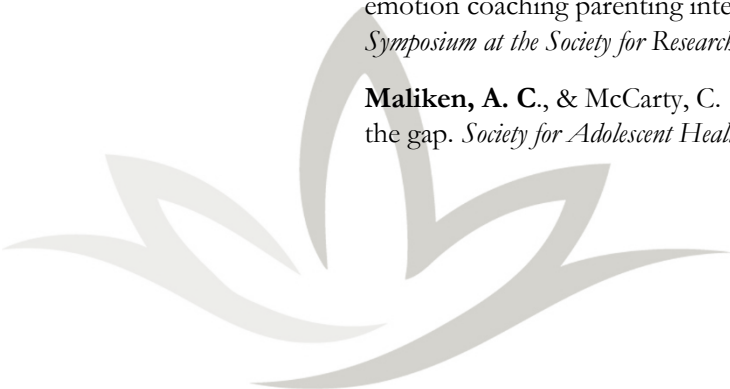
Gorraiz, M., Shaller, E., **Maliken, A.C.**, & Yaeger, A. (2019). Which way do you go? A live, annotated demonstration of acceptance and change in adolescent DBT. *Clinical Grand Rounds at The Association for Cognitive and Behavioral Therapy Annual Convention, Atlanta, GA, November.*

Shaller, E., Yaeger, A., **Maliken, A.C.**, & Gorraiz, M. (2018). #DBT: A live, Annotated Demonstration of DBT with an Adolescent. *Mini workshop at The Association for Cognitive and Behavioral Therapy Annual Convention. Washington, D.C., November.*

Shaller, E. Darrow, S., **Maliken, A.C.**, Stuart, B., Todd, N., & Piatigorsky, A. (2017). DBT family therapy. *Workshop at International Society for the Improvement and Teaching of Dialectical Behavior Therapy, San Diego, CA, November.*

Katz, L.F., **Maliken, A.C.**, Gurtovenko, K., Kawamura, J., & Stettler, N.M. (2017). An emotion coaching parenting intervention for survivors of intimate partner violence. *Paper Symposium at the Society for Research in Child Development, Austin, TX. April.*

Maliken, A. C., & McCarty, C. (2016). Psychotherapy in adolescent medicine: Bridging the gap. *Society for Adolescent Health and Medicine Annual Meeting, Washington DC, March.*



Gurtovenko, K., **Maliken, A.C.**, Stettler, N., & Katz, L.F. (2014). Links between maternal posttraumatic stress symptoms and parenting: The mediating role of emotion regulation. Paper presented at *The Annual Meeting of the International Society of Traumatic Stress Studies, Miami, FL, November*.

Katz, L.F., **Maliken, A.C.**, Gurtovenko, K., Stettler, N.M., & Kawamura, J. (2014). An emotion coaching parenting intervention for survivors of intimate partner violence. Paper presented at *Special Topic Meeting of the Society for Research in Child Development, San Diego, CA, November*.

Posters

Swan, A., Parsons, A., Libby, A., **Maliken, A.**, Jou, J., Haack, L., Moreno, G., Todd, N., & Darrow, S. (2022). Lessons learned providing CBT for child and adolescent anxiety via telehealth: A provider survey of barriers, facilitators, and quality of care during the COVID-19 global pandemic and beyond. *Association for Behavioral and Cognitive Therapies, New York, NY, November*.

Haack, L.M., Jou, J., Libby, A. **Maliken, A.C.**, Todd, N., & Darrow, S. (2019). Worry Warriors group to the rescue! Improving efficiency and cost-effectiveness of CBT services for youth with anxiety. *Poster presentation at the 4th Annual UCSF Health Improvement Symposium, San Francisco, CA, May. Recognized as "Highest Rated Improvement Initiative"*.

Gurtovenko, K., **Maliken, A.C.** & Katz, L.F. (2013). Maternal Posttraumatic Stress Symptoms and child adjustment in survivors of intimate partner violence: The mediating role of mother's emotion regulation. *International Society for Traumatic Stress Studies Annual Meeting, Philadelphia, PA, November*.

Heleniak, C., **Maliken, A.C.** & Katz, L.F. (2013). Emotion regulation as a mediator of the relation between parental depression and adolescent adjustment. Poster presented at *American Psychology Association Annual Convention, Honolulu, HI, August*.

Maliken, A.C., & Katz, L.F. (2013). Intimate partner violence, reciprocity of parent-child hostility, and child externalizing behavior. Poster presented at *The Biennial Meeting of the Society for Research in Child Development, Seattle, WA, April*.

Heleniak, C., **Maliken, A.C.**, & Katz, L.F. (2013). The mediating role of maternal emotion regulation in the relation between maternal depression and adolescent adjustment. Poster presented at *The Biennial Meeting of the Society for Research in Child Development, Seattle, WA, April*.

Maliken, A.C., Katz, L.F., Allen, N., Davis, B., Sheeber, L. (2012). Socialization of positive affect in depressed adolescents: The mediating role of emotion regulation. Poster Presented at *The Society for Research in Adolescence Biennial Meeting, Vancouver, BC, March*.

Evans, D.W., & **Maliken, A.** (2009). Event-related potentials in normally-developing children's compulsive-like behavior. Poster presented at *The Biennial Meeting of the Society for Research in Child Development, Denver, CO, April*.

